








### 3 key things to remember

-  It is normal to experience increased saliva when wearing the device, especially in the first days of use; if this lasts longer than 10 days let your specialist know.
-  Observe several times a day and report to your specialist at the next appointment :
  -  Your tongue posture at rest
  -  Your neck & shoulders relaxation
  -  Your sleep quality improvements
-  You must wear the device **EVERY** day. If you remove the device during the 15-minute period, **start again**.

### Cleaning the device

 Clean it with your toothbrush and toothpaste or with alcohol-free mouthwash.  
Dry it completely and put it back in its box.

For more information about how this device works, visit:  
[www.atfcnorthamerica.com](http://www.atfcnorthamerica.com)

### Please follow your practitioner's advices

Froggymouth is a medical device made 100% in France.  
It does not contain latex or phtalates, and it is CE & FDA certified.  
All our devices are packed in WISE (Work Integration Social Enterprise).



#### ATFC Limited

311 Viola Street Oshawa, ON, L1H  
3A7 Canada 1-800-267-8463 1-  
416-347-9647  
[info@atfcnorthamerica.com](mailto:info@atfcnorthamerica.com)  
[www.atfcnorthamerica.com](http://www.atfcnorthamerica.com)



# FROGGYMOUTH

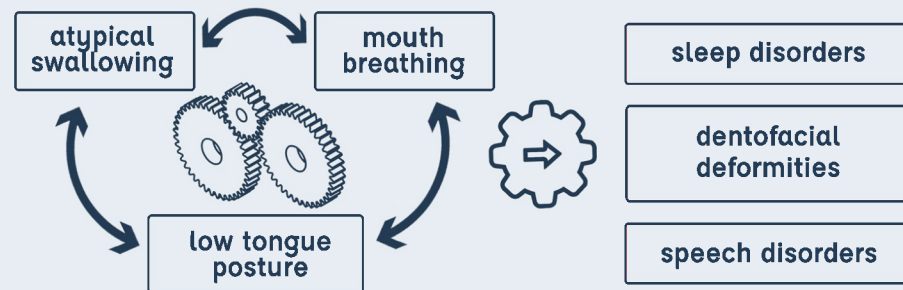
Correct swallowing function  
and tongue posture  
in 15 minutes a day

## INSTRUCTIONS FOR ADOLESCENT AND ADULT PATIENTS



## You have been prescribed a FroggyMouth

This device corrects swallowing function by creating a new pattern: during the swallowing, the teeth come lightly in contact and the tongue pushes against the palate.



All of these clinical conditions have one thing in common: they are all related, in different ways, to tongue posture.

In fact, at present, 1/3 of the adult population still suffers from dysfunctions.

By correcting swallowing dysfunction, FroggyMouth helps to:

- 🕒 Shorten the **duration of the treatment**
- 📈 Improve the **quality of results**
- 🌟 Reduce the **risk of relapse**

FroggyMouth is compatible with all other orthodontic appliances (removable devices, braces or aligners, for example).

## How does FroggyMouth work ?

FroggyMouth should be worn 15 minutes a day, in front of a TV. While the patient wears the device, the swallow pattern changes automatically without disrupting sleep quality.

Please follow carefully **FroggyMouth Rules of Use:**

- 🕒 Wear it, once or twice, for 15 minutes a day, to quickly and effectively develop a new way of swallowing. Routine is essential.
- 📺 Wear in front of a raised TV screen or computer. Avoid any posture with a bowed head.
- 💡 The patient's attention should be held by the screen so that the new way of swallowing becomes automatic and natural.

## How to wear FroggyMouth ?

